

# Growing Healthy Families

SPRINGFIELD DISTRICT OFFICE • Vermont Department of Health, WIC Program  
100 Mineral Street, Suite 104, Springfield, VT 05156 • 1-802-885-5778 or 1-888-296-8151



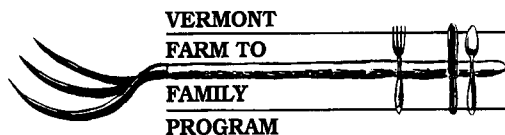
## Vermont Farm to Family Program

The Farm to Family Program gives WIC participants coupons for free, locally grown, fresh vegetables and fruits from farmers' markets.

WIC participants over the age of 6 months are eligible for Farm to Family coupons which are available on a first come, first serve basis.

There is a \$60 maximum benefit per family. Mark your calendar now — attend one of the activities listed here to pick up your coupons. Can't make any of these dates? Go to [www.WICHealth.org](http://www.WICHealth.org) and complete a fun activity involving fruits and vegetables. See the back of this page for directions.

See you this summer!



## Come to a Farm to Family Activity and get your coupons!

Join us for a fun family activity, recipes and more!

Drop in anytime during the times listed.

DATE	TIME	PLACE
Wednesday, June 25	3:00–6:00 p.m.	Vermont Department of Health 100 Mineral Street Springfield
Thursday, June 26	10:00 a.m.–2:00 p.m.	Vermont Department of Health 100 Mineral Street Springfield
Friday, June 27	4:00–7:00 p.m.	Bellows Falls Farmers' Market Waypoint Center Bellows Falls
Sunday, July 13	Noon–2:00 p.m.	Windsor Farmers' Market on the Green Windsor
Friday, July 18	4:00–5:30 p.m.	Bellows Falls Farmers' Market Waypoint Center Bellows Falls
Tuesday, July 29	2:00–4:00 p.m.	Vermont Department of Health 100 Mineral Street Springfield
Friday, August 1	4:00–6:00 p.m.	Ludlow Farmers' Market 53 Main Street Ludlow

- Coupons are distributed on a first come, first serve basis.
- Supplies are limited, call ahead for coupon availability.
- For directions to any of the above locations, please call the WIC office.

